



*Elderberry Syrup*



**2 oz dried Elderberries**

**1 quart water**

**1 ½ cups honey (for children under 2, substitute with Maple syrup or Agave)**

In a covered saucepan, bring elderberries to a boil then reduce heat and allow to simmer for approximately 30 minutes. Strain and add honey or sweetener. Store in a glass container and keep refrigerated for up to 3 months.

Adults take up to 3 teaspoons daily; children ½ - 1 teaspoon. You can also stir Elderberry syrup in your favorite herbal tea for a sweet, therapeutic boost.



**2/3 cup powdered Elderberries**

**2 tablespoons fresh Ginger or ½ teaspoon Ginger powder**

**1 Cinnamon stick**

**3 cups water**

**1 ½ cups honey (for children under 2, substitute with Maple syrup or Agave)**

Place all the ingredients in a saucepan (except the honey), and allow to simmer for approximately 30-45 minutes. Strain and add honey or sweetener. Store in a glass container and keep refrigerated for up to 3 months.

Adults take up to 3 teaspoons daily; children ½ - 1 teaspoon. You can also stir Elderberry syrup in your favorite herbal tea for a sweet, therapeutic boost.

***\*Ingredients can be adjusted to taste.***